

MSSSC NEWS

Meeting will focus on mental health

The percentages of people who reported at least one depressive episode in the previous year is higher in Kansas than the national averages – and percentages have been increasing, according to the 2022 Kansas Behavioral and Mental Health Profile. This is also the case for people who had serious thoughts of suicide or who have been diagnosed with a mental illness.

State and local officials and area providers have been working to expand mental health services to meet the growing need in our community. MSSSC's membership meeting on Feb. 6 will provide updates on some of the new programs and facilities that have opened or are planned.

One of the updates will be the planned new psychiatric hospital. An advisory panel has gathered public opinion about the proposed hospital and discussed the facility's size, location and operational needs.

Other updates include renovations at St. Joseph Hospital, KUSM-W's new Child and Adolescent Psychiatry Fellowship, and COMCARE and

PLEASE SEE MENTAL HEALTH, PAGE 2



Mental Health Updates

WHEN: Tuesday, Feb. 6, 6:30-8 p.m.

WHERE: McNamara Center, Ascension Via Christi St. Joseph Hospital

COST: Free. Light snacks provided. Spouses welcome.

RSVP: Call (316) 683-7558 or email denisephillips@med-soc.org.



JANUARY
2024

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Old issues return to new legislative session



The 2024 Kansas legislative session convened Jan. 8 in Topeka, and some familiar issues are back.

Gov. Laura Kelly is making a big push to expand Medicaid in Kansas. Her new proposal, dubbed the Cutting Healthcare Costs for All Kansans Act, would finance the state's share of the expansion cost through drug rebates, a hospital fee and additional federal funding. It also includes a work requirement for Medicaid enrollees. MSSSC and the Kansas Medical Society support Medicaid expansion, but GOP House and Senate leaders oppose it.

Kelly also supports medical marijuana, as do many lawmakers. KMS and MSSSC oppose it, because

marijuana is not an FDA-approved drug and is not administered with the evidence-based protocols used for prescription medicines.

Scope-of-practice legislation is also back. Certified Registered Nurse Anesthetists are seeking to practice independently without physician oversight. Naturopaths also want to prescribe and practice medicine. MSSSC and KMS oppose these measures.

The Kansas Hospital Association is leading an effort, supported by KMS, to reduce the burden of prior authorization. KMS also is advocating for another increase in Medicaid reimbursement amounts. KMS was able to secure a 3% increase in rates through the legislative process in 2023, but the Medicaid fee schedule remains woefully inadequate. "It's a top priority for us," KMS Executive Director Rachelle Colombo said.

One new issue this year is a measure allowing EMS personnel to distribute over-the-counter Narcan as a preventative measure.

Kevin Hoppock, MD, leads the MSSC's Legislative Committee, which meets every other Friday at 7 a.m. via Zoom during the first two months of the session. If you would like to participate, contact MSSSC. To look up bills, follow hearings and listen to live proceedings, visit <http://kslegislature.org/li/>.



DR. HOPPOCK

Docs must embrace relationships, self-care to avoid burnout



Howard Chang, MD
January President's Message

Thank you for taking the time to read my first MSSC column. I'm Howard Chang, an emergency physician primarily working at Ascension Via Christi and Rock Regional EDs. Serving as the MSSC president this year is a distinct honor, and I'd like to take a moment to introduce myself.

I was born and raised in the suburbs of Maryland, just outside Washington, DC. I attended the University of Maryland for undergrad and the University of Virginia for medical school. I matched into Emergency Medicine at Temple University in Philadelphia. Following residency, I found my way to Wichita.

For the past 15 years, Wichita has been my home. Now, the burning question: "Which team is he on?" As you know, Wichita has two warring factions: the east-siders and the west-siders. Each rival is passionate about their superiority. Truth be told, I moved to the north side, and it takes me the same amount of time to drive to Bradley Fair as it does to NewMarket Square. But if pressed, I'd have to say the west side is better. Ha!

My wife (an optometrist) and I have a 6-year-old daughter who is both the headache and inspiration of our lives. In our role as parents, we spend all our available time shuttling her to a myriad of classes and events, hoping to enrich her life.

As a family, we love to travel. Having visited almost 80 countries, my wife and I aim to add one or two new countries to our list each year. Our goal is to reach 100 countries, but this has become very challenging with a daughter in elementary school. When asked about my favorite place, I honestly can't choose. Each country has its unique beauty. Nevertheless, I do have a soft spot for the culture of Japan, the natural beauty of New Zealand and the amazing carbohydrates of Italy. Angkor Wat in Cambodia is also a must-see. Feel free to catch me to chat about traveling.

Scheduling all these trips can be an ordeal, but I live by the ER mantra of "work hard, play hard." This mantra resonates strongly among emergency medicine physicians. Unfortunately, our interaction with patients often occurs during the worst moments of their lives, exposing us to tragedy, unfairness, cruelty and sadness. Acknowledging life's unpredictability, we work hard but recognize the need to play just as hard.

During the early days of COVID in 2020, local ER volumes

dropped significantly. We were down to about 50% of norm at one point. So emergency physicians were blessed with a rare opportunity to hunker down at home. There was no traveling. There was no eating out. There were no patients. There was only boredom.

I wasn't accustomed to doing nothing, and my wife was at wit's end with me just hanging around the house all day. So I repaired an old raised garden bed and bought a tomato plant. Unfortunately, the poor plant was quickly eaten by slugs and pill bugs. Undeterred, I bought more vegetable plants, delved into gardening literature, and assembled a few more raised garden beds.

Nowadays, I use emergency medicine to support my gardening addiction. My entire kitchen transforms into a greenhouse in winter and early spring. Focusing on heirloom seeds, I've ventured into growing unique plants, like the Chinese Python Snake Bean, Birdhouse Gourds, rare chili peppers and more. The stranger and more exotic, the better. If interested, let me know and I'll even save you seeds from the next harvest so you can start your own weird garden. I am happy to share!

Other hobbies I picked up include wine making, woodworking and the ukulele. These activities may seem random, but they were my cure for burnout in the ER. As many of you are aware, emergency medicine ranks highest among all specialties in burnout. For me, nothing beats watching the pollinators on my cucumber flowers or messing around on my uke to unwind after an intense shift.

There are so many MSSC physicians who have an unwavering servant dedication to their patients. Kudos to all of you for tirelessly working to ensure your patients receive the highest quality care possible. Your commitment is truly commendable. However, there can be a cost – your wellness, and the sacrifice of time with family or for self-care, like sleep.

We often advise patients, "You must take care of yourself before you can take care of others." This rings especially true in our line of work. If you invest in your relationships with your friends and family, you will lead a more fulfilling life. You will take better care of yourself, and you will also take better care of your patients. This month, I ask each of you to invest in your wellness account. Make time to watch a movie, go for a drink or play a board game. Physician wellness is more important now than ever before.

In a future newsletter column, I'll highlight three MSSC physicians who've completed Ironman competitions. Talk about wellness! They are true superheroes among us. Unfortunately, all three are east-siders.

MENTAL HEALTH

CONTINUED FROM PAGE 1

its planned new downtown facility.

Psychiatrist Sheldon Preskorn will lead a panel discussion featuring Scott Brunner, deputy secretary of the Kansas Department for Aging and Disability Services; Abbey Cotter, director of behavioral health at Ascension Via Christi St. Joseph Hospital; Joan Tammany, executive director of COMCARE; and Cassie Karlsson, MD, director of the psychiatry fellowship.

Support for female surgeons in Wichita

A peer support and education group for female surgical residents and attending physicians was featured in a recent University of Kansas School of Medicine-Wichita article. The Blackwell Club, which was named after Elizabeth Blackwell, the first U.S. woman to earn a medical degree (in 1849 from Geneva College in New York), was started by Lindsay Strader, DO, a colorectal surgeon with Wichita Surgical Specialists and an MSSC board member.

About two dozen women, including 13 residents, are part of the club. Meeting topics have included burnout, higher rates of infertility among female surgeons, and breastfeeding while juggling a surgical career. "It's a good way to learn about other topics that aren't covered in our training," resident Grace Crouch, MD, said.



SUPPORT TEAM: The Blackwell Club is a group of Wichita female surgery residents and attendings offering support and encouragement. *Photo source: University of Kansas School of Medicine-Wichita*

New research fellows in Wichita



▲ CHADY SARRAF, MD, SECOND FROM LEFT, WITH THE SEVEN NEW RESEARCH FELLOWS.

The Kansas chapter of the International Lebanese Medical Association and University of Kansas School of Medicine-Wichita hosted a reception on Jan. 10 for seven new fellows in their joint Wichita-based research program. The one-year non-ACGME program, which was launched in 2022, sponsors Lebanese medical graduates to do research at medical facilities in Wichita. The long-term goal is to help the graduates match with U.S. residencies and eventually serve Wichita and Kansas communities.

MSSC member Chady Sarraf, MD, is the president of the Kansas chapter of ILMA and is the past president of ILMA-USA. He thanked KUSM-W, the local Lebanese community and ILMA-KS members for supporting the program.

Estephan Zayat, MD, said the program was a win for the doctors who sponsor the fellows, a win for the city of Wichita, as it helps attract physicians to the community, and a win for the country of Lebanon, which has suffered from political and economic upheavals.

There were two fellows in the program last year, both of whom are now in residencies. The current fellows (and where they are doing research) are:

- **Jad Kassem, MD** (Cancer Center of Kansas)
- **Ryan El Achkar, MD** (Cancer Center of Kansas)
- **Krystal Chedid, MD** (KUSM-W Pediatrics)
- **Mohammad Halloum, MD** (KUSM-W Surgery)
- **Diala Merheb, MD** (Kansas Gastroenterology)
- **Janane Nasr, MD** (KUSM-W Internal Medicine/GI)
- **Jean Serhan, MD** (Wichita Urology)

Better emergency communications

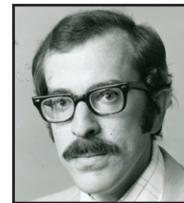
The Sedgwick County Health Department and other partners are working to improve communications and coordinate operations during a public health emergency.

SCHD and Sedgwick County Emergency Management developed a new public health Emergency Operations Center structure. They also developed a process for communicating health threats with hospitals and other key health partners.

MSSC will be part of a test of this system next month. SCHD will share information about a mock public health emergency, and MSSC will then transmit this information to key staff at some medical practices. Those staff will be sent a link to a follow-up survey aimed at identifying internal and external communication gaps.

MSSC salutes 2024 milestone members

MSSC's active membership tops 1,000 and ranges in age from 29 to 88. Congratulations and thanks are due those practicing physicians who became MSSC members in 1994, 1984 or 1974, making 2024 a milestone year for them. We are proud of their long and dedicated service to the organization as well as their patients.



Dr. Rosenberg

Celebrating 50 years with MSSC

Thomas F. Rosenberg, MD

Celebrating 40 years with MSSC

Joe D. Davison, MD
Randall J. Morgan, MD
Hana A. Razek, MD



Dr. Davison

Celebrating 30 years with MSSC

Mary C. Boyce, MD
Chris N. Brunner, MD
John P. Estivo, DO
Robert H. Fleming, MD
Jerry G. Gaston, DO
James H. Gilbaugh, III, MD
Brian A. Johnson, MD
Carlene D. Klassen, MD
Denis D. Knight, DO
Donna L. Logan, MD
James E. Logan, MD
Dennis F. Moore, Jr., MD
Pedro A. Murati, MD
Timothy S. Shaver, MD
George F. Zakharia, MD



Dr. Morgan



Dr. Razek

Survey on substance-use disorder

MSSC is partnering with the KUSM-W Department of Population Health on increasing the capacity of physicians to treat substance-use disorder. Part of this effort includes interviews and surveys of practicing physicians, residents and medical students about their attitudes and behaviors regarding the treatment of SUD patients. KUSM-W will then develop an evidence-based campaign to support physicians in caring for this population. It also is working on establishing a fellowship in addiction medicine in Wichita.

Chang interviewed for podcast

MSSC President Howard Chang, MD, was interviewed by the Wichita Business Journal's "BizTalk" podcast. Chang, who is medical director for the emergency department at Ascension Via Christi St. Francis, was asked about the challenges frontline medical staff face, policy concerns of MSSC and why he loves Wichita so much. He was also asked why he became active with MSSC. "This is just such an important organization I had to become involved," he said.

ROSTER UPDATE

Keep your 2024 roster current with this information.

Key: [BC] Board Certified [F] Accredited Fellowship [R] Residency [AT] Additional Training [F*] Unaccredited Fellowship

NEW MEMBERS



Adel Abdallah, MD

[BC] Pathology - Anatomic Pathology & Clinical Pathology
[F] Molecular Genetic Pathology
[F] Surgical Pathology
[F] Gastrointestinal Pathology
Southcentral Pathology Laboratory, PA
OFF: 316-268-5420
929 N St Francis, 67214

NPI: 1336681915

Medical education obtained at University of Jordan, Amman 9/2003-8/2007. Internship at Prince Hamza Hospital, Amman, Jordan 9/2007-9/2008. Residency in Anatomic Pathology & Clinical Pathology at University of Tennessee Health Science Center, Memphis 7/2016-6/2020. Fellowship in Molecular Genetic Pathology at University of New Mexico, Albuquerque 7/2020-6/2021. Fellowship in Surgical Pathology at University of Texas MD Anderson Cancer Center, Houston 7/2021-6/2022. Fellowship in Gastrointestinal Pathology at University of Arizona College of Medicine-Tucson 7/2022-6/2023.



Keshia Crichlow, MD, MPH

[R] Internal Medicine
Health Ministries Clinic
Medical Director
OFF: 316-283-6103
FAX: 316-283-1333
720 Medical Center Dr
Newton, KS 67114

NPI: 1154746782

Medical education obtained at Universidad Autonoma de Guadalajara, Mexico 9/1995-7/2002. Residency in Internal Medicine at New York Medical College/Wyckoff Heights Medical Center, Brooklyn, NY 7/2011-6/2014.

REINSTATE TO ACTIVE



Thuy Thu Thi Means, MD

[BC] Pathology - Anatomic Pathology & Clinical Pathology
[F] Surgical Pathology
Heartland Pathology
OFF: 316-636-5666
FAX: 316-636-2777
9300 E 29th St N S-208, 67226
NPI: 1700861192
Active MSSC member 2003-2022

CHANGES

Yazan Alkawaleet, MD

[BC] Interventional Cardiology
Heartland Cardiology

Samuel L. Ashby, DO

Christopher R. Halphen, DO

Bradley M. Saunders, MD

Advanced Orthopaedic Associates, PA
OFF: 316-631-1600
FAX: 316-631-1675 (Ashby)
FAX: 316-631-1621 (Halphen)
FAX: 316-631-1618 (Saunders)
9828 E Shannon Woods S-100, 67226

Nataliya Biskup, MD

[BC] Plastic Surgery
[F*] Craniofacial & Pediatric Plastic Surgery
Hutchinson Clinic
OFF: 620-669-2500
2101 N Waldron
Hutchinson, KS 67502
Wesley Children's Hospital
OFF: 316-962-2080
3243 E Murdock S-500, 67208

Kevin R. Brough, MD

Heartland Dermatology and Skin Cancer Center, PA
FAX: 316-223-4838

Justin L. Gooden, MD

MK Wound & Limb Preservation
OFF: 316-910-0024
FAX: 316-910-0023
10346 E Stonegate Ln, 67206

Christopher S. Havey, DO

[BC] Anesthesiology
Anesthesia Consulting Services

Daniel J. Lalich, MD

[BC] Pathology - Anatomic Pathology & Clinical Pathology
[BC] Cytopathology
Southcentral Pathology Laboratory, PA
Same address, phone and fax at Wesley Medical Center

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Dreams: *Realized*

ROSTER UPDATE *continued*

Keep your 2024 roster current with this information.

Key: [BC] Board Certified [F] Accredited Fellowship [R] Residency [AT] Additional Training [F*] Unaccredited Fellowship

Joseph E. Lemlek, DO

Lyle F. Zepick, MD

Zepick Cardiology, PA
9840 E 21st St N, 67206
Same phone, fax

Patrick G. McEnulty, MD

[BC] Diagnostic Radiology
Wichita Radiological Group, PA

Maha A. Mohamad, MD

[BC] Internal Medicine
Ascension Medical Group Via Christi Rheumatology

William M. Palko, MD

[BC] Pathology - Anatomic Pathology & Clinical Pathology
[BC] Blood Banking/Transfusion Medicine
Southcentral Pathology Laboratory, PA
Same address, phone and fax at Wesley Medical Center

Bryan Pierce, MD

[BC] Family Medicine
Antioch Med
OFF: 316-350-8008
FAX: 316-350-8020
1126 S Clifton, 67218

Ana Stark, MD

[BC] Internal Medicine
Kansas Nephrology Physicians, PA

Vanessa L. Voge, MD

Heartland Aesthetica
FAX: 316-712-4182

Herington Municipal Hospital

Closed 10/9/23

RETIRED

Russell R. Horn, DO – 12/31/23

Michael G. Ludlow, MD – 12/29/23

Connie M. Marsh, MD – 12/13/23

Douglas L. Young, MD – 12/11/23

DROPPED

Jordan D. Groskurth, MD – Moved out of state

Ashraf Jmeian, MD – Moved out of state

Yonatan Kurland, MD – Practicing out of state

Duygu Uzun, MD – Moving out of state

In Remembrance

MSSC extends condolences to the families of Drs. Steelberg and Pankow

Retired psychiatrist **Elsie E. Steelberg, MD**, who practiced in both Ohio and Wichita, died Nov. 27 in Buhler, Kansas. She was 89.

Steelberg was born in Newton and grew up in Buhler. She graduated from Northwestern Medical School in 1960 and completed her anesthesiology residency in 1964. She was an anesthesiologist for 13 years before deciding to go back to school for psychiatry, completing her psychiatry residency in 1981 at

SUMMA Health System/Northeast Ohio Medical University. She first joined MSSC in 1966, then reactivated in 1985.

Her family said Steelberg loved psychiatry and cared deeply for her patients. She served on the Sedgwick County Board of Health and was proud of her time serving on the Mennonite General Conference's Human Sexuality Committee. She was an early supporter of gay marriage and LGBTQ+ rights at a time when this was not a popular position in her church.

Steelberg is survived by her husband, Donald; sons, Jeremy, Nelson, Derek and Schuyler; sister, Ramona Binci; and 10 grandchildren.



Larry M. Pankow, MD, a retired psychiatrist who had been an MSSC member since 1987, died Nov. 30 at age 74.

Born in Wichita, Pankow earned his master's and PhD in organic chemistry before earning his doctorate in medicine to become one of Wichita's most respected psychiatrists. He was a dedicated physician who cared deeply about and was well-loved by his patients, his family said.

Pankow attended KUSM-Kansas City for medical school and KUSM-Wichita for his residency. He was an MSSC spokesman for his specialty 1995-96.

Pankow is survived by his sons, Christopher and Dr. Jonathan Pankow; sister, Karen Alfson; and four grandchildren.



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GEDELA,**
M.D., F.A.C.C., F.S.C.A.I.

STRUCTURAL CARDIOLOGIST

Dr. Gedela is an expert in various advanced cardiac treatments, such as treating complex coronary artery disease and performing transcatheter valve therapy. He is knowledgeable in doing structural heart procedures such as Transcatheter Aortic Valve Replacement (TAVR) and MitraClip. Additionally, he offers expertise in watchman procedure, atrial septal defect closure, and paravalvular leak closure.



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